



WHITEBOARD – Over-training (Too much) vs. Under-training (Non-sufficient training)

Over-training is when we do too much movement / force emphasis (one, or many muscle groups / joint regions, *in a Short instant or over a Long period of time*) in a specific functional direction (We will go over complexities of bio-mechanics in the Intermediate program), and in that we will experience symptoms such as:

- (Long-term) Pain/joint area impingement/inflammation/muscle tears (Short-term) Pains / Breaks / muscle tears
- Lack of mobility / ability in affected region(s)
- Burning sensation, localized bruising
- Certain movements causing more pain than others (This would be important information for rehabilitation)
- Pulling / Straining sensations (Can result in slipping vertebrae (spinal discs), bone dislocation) (Muscle imbalance due to over-training; too much of a good thing is not a good thing when over-trained, requires BALANCE in exercise practice / angling / muscle emphasis)

Being **under-trained** is when we do not do enough of a specific / many (or all) functional movement(s) (Musculoskeletal AND Cardiovascular) to keep us strong and healthy throughout our life. So when we do not exercise and perform certain / any / all functional movements to keep our muscles from atrophying (we aim for the opposite, which is hypertrophy), they inadvertently become weak (or only certain muscles will become weak, and we will create muscle imbalance(s)) and will cause potential symptoms such as:

- Weakness (Musculoskeletal and / or Cardiovascular) / Inability / Lack of strength
- Lack and loss of muscle (Force producing mass) (Muscles pump blood TO Heart, Heart pumps TO Muscles)
- More predominant feeling of DOMS (Delayed Onset Muscle Soreness); Found in lack of trained conditioning
- Pulling / Straining sensations (Due to over-training of specific functional daily living in work / life, lack of balanced strengthening to counter possibility of strains / pains (Stretching can only do so much until it can actually cause more problems than giving solutions; Lack of muscular stability / strength to counter-support))

Why it's important to understand the difference between Over-training and Under-training?

Someone who trains too much versus someone who doesn't train enough is a comparison that can teach lessons to both sides of the equation. The consideration would be the disciplines we need to understand to get out of the habits that currently push us towards our expected goal, and come to terms with a realistic approach (for us).

Why / How and When can it happen to you?

If doing too much in an instant, you can break bones and hurt yourself in ways that will be hard (but not impossible) to recover from. Long term training wise, you can get sudden or impingement related pain due to lack of proper balance in your routine, doing something either too much, or something else not enough. It is partially true that each (un)trained individual has their own set limit, but each person has the potential to be their best self.

Where can it happen?

It can happen anywhere. It is really solely dependent on your understanding of the (especially your) human body.

Who can it happen to?

- Genetic causes? Predispositions, such as muscle gain / loss disorders
- Daily functional living? Not enough, too much?
- Experiences? & an understanding of your OWN personal wellness, how you also might handle failure?
- Nutrition / Water intake?
- Education and practical application? Injury prevention strategies, strengthening style preferability / ability(ies)